

# Motivation and Productivity

## **Create a Structured Schedule**

- o Create your own schedule – print it and display it
- o Be consistent with the schedule
- o Incorporate breaks – activities – into the schedule
- o Give student time to do activities he or she enjoys between work

## **Set SMART Goals**

- o Each month, set 2-3 school goals with your student
- o Make sure the goals are specific and measurable – evaluate at the end of the month

## **Monitor Progress Weekly**

- o Discuss progress weekly with your student
- o Compare the percentage in Newsletters with the percentage of curriculum completed in each course
- o Identify courses where student is behind
- o Manage student schedule – make some changes to ensure student catches up in the subjects where they are behind
- o Add additional classes on weekends and days off (only if necessary)

## **Foster independence**

- o Teach them to ask questions.
- o Teach them metacognition – knowing when they don't understand something and knowing when to ask for help!
- o Teach them to monitor their own progress.
- o Teach them to be proactive about their work.
- o Teach them to make lists and to organize their day.

## Motivate your students!

- o Build Strong Relationships
  - § Encourage your student!
  - § Treat them with respect and set high expectations!
- o Tell them why it matters!
  - § Give them a glimpse of what is to come for them by working hard in school
- o Give them a voice and a choice.
  - § Students can have choice with their daily schedule.
  - § Students can have a choice in the novel they read for literature
- o Provide incentives for your student to achieve and work hard